



Photo by Maj. Barbara Burger, 25th Infantry Division

KWAJALEIN ATOLL – The 25th ID's Humanitarian Assistance Survey Team members retest the team's communication system after their regular duty day. While deployed, HAST teams regularly work in civilian clothes to avoid drawing undue attention to themselves.

HAST ready to assist Pacific partners

STAFF SGT. SEAN EVERETTE
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — A tsunami hits the Philippines. Communications are damaged or down. Water supplies are interrupted. Power is out. The Philippine government expects many of its citizens will run out of food within a couple of days. They need help, and they reach out to the United States. The United States Agency for International Development and the Office of Foreign Disaster Assistance ask the Department of Defense for assistance, but the disaster just happened, so exactly what is needed is not yet known. U.S. Army Pacific and I Corps send word to the

25th Infantry Division Humanitarian Assistance Survey Team on call, and within 24 hours, the HAST team is in the air on its way to assess the situation.

A tsunami didn't really hit the Philippines, but if it did, the above scenario could play out just as described with the 25th ID HAST team being one of the first relief efforts to enter the area affected by the disaster.

"The HAST team is very crucial in supporting disaster and humanitarian assistance," said Sgt. 1st Class Manolito Woodard, 25th ID G9 Civil Affairs and the noncommissioned officer in charge of HAST A and B. "We're going to be the link between OFDA and the military. When OFDA says,

'DOD, we need you to provide personnel,' it goes through the flow from USARPAC to I Corps, then I Corps might delegate it to us and tag us as the personnel to carry out the mission. In order for 25th ID to be properly fitted for the disaster-affected area, they'll send an advance team. That will be us."

"The Pacific theater is a disaster supermarket, using the words of one of our partner nations," said Lt. Col. Winston Marbella, 25th ID assistant chief of staff, G9 Civil Affairs, and HAST A leader. "It's not a matter of if it will happen. It's just a matter of when. We want to be ready to respond and as-

See HAST A-4

DOD releases compensation & pay for 2015

DOD NEWS
Defense Media Activity

WASHINGTON — The Department of Defense has announced the 2015 military pay and compensation rates for service members, with most service members receiving a 1 percent increase in basic pay.

The new rates for basic pay, basic allowance for housing (BAH), basic allowance for subsistence (BAS) and the cost of living allowance rates (COLA) for the contiguous U.S. (CONUS) took effect on Jan. 1.

Basic pay increase

For service members, basic pay increased 1 percent, except for general and flag officers who will not see an increase in 2015. For example, an E-4 with three years of service will see an increase in basic pay of \$22.20 per month, while an O-3 with six years of service will receive a basic pay increase of \$54.30 per month in 2015.

Compensation

BAH rates for service members in 2015 increased on average \$17 per month, or 0.5 percent. Rates are calculated using median current market rent and average utilities (including electricity, heat and water/sewer) for each pay grade, both with and without dependents.

Two changes were made to BAH rate computations for 2015: renter's insurance, which contributed an average of 1 percent to rates, was eliminated, and the Fiscal Year 2015 National Defense Authorization Act reduced housing rates on average 1 percent for service members.

However, individual rate protection for service members remains an integral part of the BAH program. This means that even if BAH rates decline, including through the elimination of renter's insurance and the reduction in the calculated rate a service member (who maintains uninterrupted BAH eligibility in a given location) will not see a rate decrease. This ensures that service members who have made long-

See PAY A-4

Leaders hold town hall

LISA FERDINANDO
Army News Service

WASHINGTON — Chief of Staff of the Army Gen. Ray Odierno and Sgt. Maj. of the Army Raymond F. Chandler III participated in a virtual town hall, Tuesday, answering questions from Soldiers on a variety of topics.

Iraq and Syria

The town hall at Google's Washington headquarters started off with a question about U.S. military involvement in the fight against the Islamic State in Iraq and Syria, or ISIS.

About 3,000 U.S. forces are training and advising Kurdish and Iraqi forces. The Iraqi and Kurdish forces will "take the fight to ISIS," Odierno said.

"We're starting to see some progress, but it's going to take a long time. I think this is a two- or three-year process, at least, that's going to take us to have some success," he said.

"Ultimately, it's their nation and they need to be the ones who fight for it," Odierno said.

He added there are "no plans to put U.S. forces on the ground other than to do training and advising."

Additionally, the United States is working on a training program expected to begin this year for the Free Syrian Army. The military is "still determining" how many U.S. forces will be used to train the Syrians, Odierno said.

"We'll have to continue to assess that and play it by ear," he said. "I'm not going to ever take off the table that we might not have to put some of our own Soldiers on the ground fighting, but right now, that in fact is not the plan."

Chandler stressed the importance of Soldiers maintaining their readiness for any mission the Army may need. Soldiers must be prepared to operate in a "vague and ambiguous environment," he said.

"I would ask that you ensure, based

off the resources that you have available, that your Soldiers are as trained as they possibly can to execute the missions that we're going to ask you to do," he said.

"We'll be successful in whatever it is that we ask you to do" if Soldiers maintain readiness and focus on decisive action," Chandler said.

Soldiers interact with leaders

The Soldiers who participated in the town hall were from various Army locations throughout the United States and abroad. They asked about promotions, uniforms and other policy items.

Addressing the topic of sexual assault, Odierno said a culture needs to exist where such abuses are unacceptable.

"It's about not only sexual harassment, but it's about our profession, that as Soldiers we should be taking care of each other and watching out for each other," Odierno said.

"We should not have another Soldier attack another Soldier. That simply to me is unacceptable, incomprehensible actually," he said.

Chandler underscored the importance of Soldiers watching out for each other.

"We are our brother's keeper," he said, adding that upholding Army professionalism includes preventing sexual abuse.

"Our duty is to one another; that's who we fight for," he said.

"I believe this challenge can be greatly resolved or reduced if Soldiers recognize their true professional responsibility, their duty to their fellow Soldier," he said.

Budget challenges

The Army is facing the challenge of reducing the size of the force, while balancing readiness and modernization, Odierno said.

See TOWN HALL A-4



Gen. David G. Perkins, U.S. Army TRADOC commanding general, left, honors Command Sgt. Maj. Daniel A. Dailey, outgoing TRADOC senior enlisted adviser, for his service and dedication during a sunset retreat ceremony at TRADOC Headquarters on Fort Eustis, Virginia, Dec. 19, 2014.

TRADOC bids farewell as Dailey departs to become next SMA

Story and photo by
SUPUNNEE ULIBARRI
Army News Service

FORT EUSTIS, Virginia — Command Sgt. Maj. Daniel A. Dailey, selected to become the 15th sergeant major of the Army, will succeed Sgt. Maj. of the Army Raymond Chandler, Jan. 30, 2015, in Washington, D.C.

At age 42, Dailey will be the youngest Soldier to serve as sergeant major of the Army.

Dailey was the senior enlisted adviser for U.S. Army Training and Doctrine Command, and was honored at a ceremony marking his departure, Dec. 23.

"I've spent almost my entire career, all the way through division level, in an operational setting, but U.S. Army Training and Doctrine Command has made me a strategic leader," Dailey said. "Without the things that I've learned from this command, I would not have the knowledge, skills and attributes necessary to become a successful United States Army sergeant major."

Gen. David G. Perkins, TRADOC commander, added, "TRADOC has a lot of things that we do uniquely for the

Army. We design the Army, we acquire the Army and build and then maintain the Army. We do this institutionally and individually — and there is no better example of that than Command Sergeant Major Dailey.

"There has never been a sergeant major of the Army that has been purposely built, and then has risen to that level of expectation than Command Sgt. Maj. Dailey," Perkins continued. "While it's a loss for TRADOC, it's what we do here — we bring people in, invest in them, then we let them go back out into the Army as they continue to rise to the level of professionalism expected of them."

Dailey has served as the TRADOC senior enlisted adviser since November 2011, playing a key role in shaping the Army's plans for leader development and Soldier 2020. He directed and guided the most significant and fundamental doctrinal changes to enlisted professional development in more than 20 years.

Command Sgt. Maj. Joe Parson, the senior enlisted adviser for TRADOC's Army Capabilities Integration Center, will serve as the interim TRADOC senior enlisted adviser, until Dailey's successor is named.



HAWAII
ARMY
WEEKLY

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Police Call

Domestic stress comes with holiday bills

COL. DUANE MILLER
Director, Emergency Services,
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command

With the holiday season over, credit card bills are starting to arrive with eye-opening balances.

The stress stemming from financial difficulty is one of the leading causes of domestic issues this time of year.

During the holiday season, many families spend a little more than planned. Money is often tighter as the new year begins, and relationships often experience strain during times of financial stress. Due to the dual decision-making of a relationship, couples often have different opinions on how to spend the family's money.

Rather than letting a problem fester and grow, take steps to solve it now. This week, we would like to take a few moments to highlight some resources available to service members and families dealing with financial difficulty that can help decrease debt

and stress.

U.S. Army Garrison-Hawaii offers many resources on post to assist Soldiers and family members. Army Community Service offers a wide range of classes, on both money matters and conflict resolution. Services are available and offered free of charge on Schofield Barracks.

The Financial Resilience Center is an available resource to every member of the community, and anyone can stop by to pick up a brochure or call to schedule an appointment. This service of ACS offers weekly classes on financial resilience, such as money management and the basics of budgeting classes that can help you create a system to move beyond living paycheck to paycheck and understanding the path to financial success.

In addition, you can also schedule a one-on-one appointment with an accredited financial counselor. The counselor's mission is to "give you the tools to be self-sufficient, resilient and stable in all areas of your military life, including financially." These counselors provide assistance with debt consolidation, budget-

ing, credit and much more, free of charge.

Military OneSource offers a wide range of financial advice through its website, call center and local Financial Readiness Centers. Call (800) 342-9647 to arrange for no-cost financial counseling. They focus on short-term, solution-focused counseling to "help individuals change by creating solutions rather than dwelling on problems ... (to) identify the issues and then work to identify realistic resolutions."

ACS also offers many classes to strengthen relationships. Take the "Stress Solutions" class to manage stress before it manages you. If too many discussions turn into arguments, "Anger & Conflict Resolution" will help you and your spouse practice proven ways for understanding conflict and overcoming anger. Also, learn new ways to increase dialogue and understanding at the "Communication" class. Call ACS or go online to register.

Use, and encourage others to use, available resources from ACS, chaplains, Military Family Life Consultants and others to ensure that you and your family have a healthy outlet for monetary stressors, and so you can learn appropriate coping mechanisms.



Miller

AER and More

If you need an emergency loan, Army Emergency Relief is here to help. Visit www.himwr.com/financial-management to secure a loan or to see the experts at ACS's AER.

Talk to your chain of command. Your commander or first sergeant may be able to approve up to \$1,500 AER assistance to help with basic living expenses.

For more information on any of the resources listed in this article, you may contact the agencies through the following:

•**Army Community Service.** Visit www.himwr.com/ or call 655-4227.

•**Financial Resilience Center.** Visit Bldg. 647 (next to Sgt. Smith Theater) or call 655-1866.

•**Chaplains.** Visit www.garrison.hawaii.army.mil/rso/default.htm.

•**Military Family Life Consultants.** Call (808) 221-1341 or (808) 221-0238.

•**Military OneSource.** Visit <http://militaryonesource.mil/> or call (800) 342-9647.

•**Army Emergency Relief.** Visit www.aerhq.org/.



Police Beat Roll-up

From Dec. 3-30, 2014, the following occurred on USARHAW installations:

Schofield Barracks

Larceny, 1
Domestic disturbance, 8
Wrongful damage of property, 10
Leaving the scene of a vehicle accident, 12
Assault, 9
Unlawful entry to a motor vehicle, 2
DUI, 1
Lack of protective equipment on a motorcycle, 2

Wheeler Army Airfield

Larceny, 2

Aliamanu Military Reservation

Assault, 2
Leaving the scene of a vehicle accident, 1
Wrongful damage of property, 1
Unlawful entry to a motor vehicle, 1

Helemano Military Reservation

Domestic disturbance, 3
Larceny, 1

Fort DeRussy

Wrongful damage of property, 1
Larceny, 1

Pililaau Army Recreation Center

Larcenies, 1
Unlawful forced entry, 1

FOOTSTEPS in FAITH

Stay the course to achieve goals

CHAPLAIN (CAPT.) CYNTHIA M. TURNER
29th Engineer Battalion
3rd Infantry Brigade Combat Team
25th Infantry Division

There are many things in life that are consistent, like the rising and setting of the sun and the changing of seasons.

On the other hand, many things in life are always changing, such as time, weather and circumstances in life.

Usually, around this time of the year, people want to do something about the constant changes in their life. Plans are made to do something different to better oneself.



Turner

track of good progress.

Making New Year's resolutions is often tricky, because once broken, people give up their quests.

I want to challenge us to do something different this year. Instead of making resolutions, I suggest you make goals that may sound the same but are different. A goal is the result of an achievement toward which an effort is directed, whereas a resolve has the undertone of determination toward an end state, causing one to feel defeated when one cannot conquer the set resolves.

Regardless, if you set goals, I suggest several

The challenge to change may start with one taking a retrospective look at his life in order to discover what needs improvement. People who take a retrospective look are usually those who make resolutions and plan for the new year in hopes of bettering self ... or at least staying on the

“No, in all these things we are more than conquerors through him who loved us.”

— Romans 8:37

ways to stay the course once your momentum begins to wane. Once you've chosen goals that are reasonable and achievable, and have developed an action plan, then it's time to begin. Start with faith and believing you have the power to overcome your resolve. Then, continuously follow these steps, even during times of despair:

First, continue to press on. Take hold of the goal, regardless if you retreat back to what you stated you would give up. There is no need to wipe out or surrender to defeat — just get back into the race.

Next, forget what is behind you and forget the thought of, "I can't do this" or "I tried this last year and did not make it." Continue to strain toward what's ahead. That is a new life, a new attitude, a new direction and a change for the good.

Lastly, get a friend involved to share the struggle and success of the journey and to help you be aware of distractions.

Many New Year's resolutions begin to wane after a few months and once the busyness of life settles back in. It's a struggle, but I encourage you to stay the course to achieve your goals. It will be closer than you think.

Q:
A:

Why does the Hawaii Army Weekly publish courts-martial findings?

The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

Courts-martial results posted by 25th ID SJA

The Office of the Staff Judge Advocate, 25th Infantry Division, publishes the results of the following recent courts-martial:

•A private first class from Company C, 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team, was found guilty of eight specifications of indecent language, two specifications of absent without leave, two specifications of willfully disobeying a superior commissioned officer, one specification of possession of child pornography, one specification of possession of obscene vision depictions of minors engaging in sexually explicit conduct, two specifications of offering to assault a superior commissioned officer in the execution of his office, one specification of communicating a threat, and one specification of disrespect to a superior commissioned officer.

The private first class was sentenced to reduction to private (E-1), total forfeitures of all pay and allowances, 15 years confinement and a dishonorable discharge.

•A former staff sergeant, already reduced to private (E-1), from Headquarters and Headquarters Battery, 2nd Bn., 11th Field Artillery Regt., 2nd SBCT, was found guilty of one specification of making a false official statement and three specifications of incest. He was sentenced to reduction to private (E-1), two years confinement and a bad conduct discharge.

Federal Convictions

In addition to forfeiture of pay (either adjudged or by operation of law), confinement and a punitive discharge, a Soldier will also have a federal conviction that the Soldier must report when filling out a job application. A federal conviction strips a Soldier of many rights, such as the right to purchase and maintain firearms and voting.

Voices of Ohana

Resolutions:
What is your goal for this year?

Photos by Hawaii Army Weekly



"Keep improving as a father and husband and to successfully PCS off this island."

Sgt. 1st Class Harold T. Arnold (with 18-month old son Dylan)
8th MP Bde.,
8th TSC



"To do more hiking with my family ... Specifically, to hike Diamond Head."

Kendra Choi
Army spouse



"To do less hiking with my family ... just kidding! To go island-hopping with my family. I'd like to visit all of the Hawaiian islands."

Maj. Min Choi
HHB,
25th ID



"To see as many local spots as we can and to hike Koko Head with my husband and five kids."

Caitlin Howell
Army spouse



"To lose weight and enjoy everything Hawaii has to offer."

Anita Marte
Army spouse

Hawaii CID seeks recruits to be special agents

U.S. ARMY CRIMINAL INVESTIGATION COMMAND
News Release

QUANTICO, Virginia — Do you think you have what it takes to become a special agent with the U.S. Army Criminal Investigation Command?

A recent data survey of Soldiers stationed in Hawaii shows that more than 9,500 Soldiers meet the rank and service requirements, but only about 160 of those Soldiers meet all the stringent qualifications for immediate acceptance — which is less than 1 percent of the force.

Fortunately, there are things Soldiers can do immediately to make themselves eligible to join the team and become a federal agent.

To better inform Soldiers about a career with the command, commonly known as CID, Lt. Col. Larry Dewey, commander, 19th Military Police Battalion (CID), will host a two-hour recruiting presentation, Jan. 16, from 9:30-11:30 a.m. at the Sgt. Smith Theater on Schofield Barracks.

“Our stringent selection criteria is an indicator of the type of Soldier who serves in our formation,” said Special Agent Brice Rae, the battalion’s operations NCO. “We are constantly looking for young warriors who want to take stewardship of the Army profession to another level. I know there are Soldiers out there looking for more, looking for a bigger challenge. We are trying to give those Soldiers a road map to an opportunity they have earned through their honorable service.”

CID serves a population of more than one million Soldiers, civilians, contractors and family members in the U.S. and overseas. CID special agents are sworn federal officers, responsible for investigating felony-level crime where there is an Army nexus.

Agents in the field routinely conduct protective-service operations for the Department of Defense senior leadership and counter-narcotic operations, develop criminal intelligence and work with other federal, state and local law enforcement agencies worldwide to solve serious crime.

CID Special Agents Presentation

During the briefing, guests will hear firsthand accounts of the training involved and discover what CID special agents do, day-in and day-out.

Among those sharing their craft will be special agents serving in specialties, such as a polygraph examiner, a sexual assault investigator, a forensic science officer, a digital forensic examiner, a protective services agent and a new apprentice CID special agent.

For more information about the presentation or if you would like to arrange an interview before the Jan. 16 briefing, contact Special Agent Michael Ringman at the Schofield Barracks CID Office, located next to the Provost Marshal Office on Lyman Road. Call 655-1989.

The CID presentation will conclude with a question and answer session, and for some, may result in the initiation of a CID special agent application. For more information about the U.S. Army Criminal Investigation Command or to begin the application process online to become a CID special agent, visit www.cid.army.mil.



Photo by Sgt. Jarred Woods, 1st Sustainment Command (Theater)

Department of the Army civilians inspect a base expeditionary targeting surveillance systems-combined (BETSS-C) tower before transferring it to the Afghan National Army near Kabul, Afghanistan, on April 12, 2014.

IMCOM offers career opportunities

REBECCA SILVAS
Installation Management Command

SAN ANTONIO — With critical installation management vacancies in deployed locations open now, U.S. Army Installation Management Command employees have additional career development opportunities readily available.

“No one knows installation management better than IMCOM,” said Maj. Gen. Lawarren Patterson, IMCOM deputy commanding general for Operations and chief of staff. “It’s the willingness of our employees to provide and manage support to Soldiers in deployed locations that sets this command apart as an enabler of readiness and premier support organization.”

According to IMCOM leaders, there’s an immediate need to fill about 23 vacancies that include positions in public works, administration, housing, construction, plumbing and operating forklifts. In the long term, the command hopes to develop a pool of applicants ready to serve at any location in the Army’s home.

The deployment experience allows civilians to use their capabilities, experience and knowledge to support crucial Department of Defense missions abroad. Deployable civilians are needed to serve as qualified volunteers to fill critical functions in Afghanistan and other locations across the globe — everything from humanitarian aid and disaster relief to support infrastructure and contract management.

Volunteering to deploy gives civilian employees an extraordinary opportunity to broaden skills and expertise while directly supporting operations of national interest. As a deployee, you will live and serve on a variety of American bases and compounds with your military and government colleagues.

Some of the locations will be quite austere and remote, and unlike any community in the U.S., contributing to the overall experience. You will receive training to help you prepare for living in-theater.



U.S. Army photo

Members of the 401st Army Field Support Brigade, Kandahar, Kuwait, thank their civilian teammates with a "Salute to Civilians" fun run and recognition ceremony.

In addition to the experience you’ll gain from your deployment, you may be also eligible for 35 percent post-differential pay, 35 percent hazardous duty differential pay and significant overtime compensation in addition to base salary.

Supporting Soldiers, communities and national interests is what IMCOM is all about. Imagine being able to help the local community build hospitals and schools, bring electricity to a village and disperse disaster relief. Consider taking the next step in career development, and apply today.

(Editor’s note: Silvas works in IMCOM’s Human Resources.)

Application Process

Begin by completing an “Army Civilian Volunteer Request for Deployment” form, found at <http://cpol.army.mil/library/mobile/webforms/index-Army.html>.

Submit your completed form and resume to the HQ IMCOM deployment coordinator **email address:** usarmy.jbsa.imcom-hq.mbx.g1-civ-per@mail.mil

Incomplete forms won’t be considered. For additional information, email usarmy.jbsa.imcom-hq.mbx.g1-civ-per@mail.mil or visit www.cpm.osd.mil/expeditionary/.

Another 100,000 troops on road to civilian employment

TODD LOPEZ
Army News Service

WASHINGTON — As more Soldiers prepare to transition out of the Army, private-sector businesses continue to make the pledge to put those experienced service members to work.

For instance, the American Trucking Association (ATA) recently announced its commitment to hire some 100,000 military veterans as part of the U.S. Chamber of Commerce’s “Hiring our Heroes” program.

“There’s no higher calling for an American than to serve in our armed forces, and I’d like to think that driving a truck — delivering America’s most essential goods safely and efficiently — is also a high calling,” said ATA president and CEO Bill Graves. “That’s why we’re so proud to be partnering with Hiring Our Heroes and committing on behalf of the trucking industry to hire 100,000 veterans over the next two years.”

The ATA is just one of multiple private-sector companies that have made such pledges.

“So many organizations and companies representing government agencies, non-government organizations and private companies have answered our commander in chief’s challenge to train and hire our transitioning service members, veterans and family members,” said Col. Adam L. Rocke, director of the Army’s Soldier for Life Program. “Some have



Sgt. 1st Class Ryan C. Matson

Spc. Garrett Bartlett, Troop D, 1st Squadron, 61st Cavalry Regiment, maneuvers his Light Medium Tactical Vehicle trailer through the supply yard Nov. 17, 2010, at Forward Operating Base Fenty, in Afghanistan. The American Trucking Association has promised to hire 100,000 such veterans over the next two years.

committed to specific hiring objectives with each company, while others continue to improve education and wellness opportunities ... including access to various job training, employment skills training, apprenticeships and internships.”

Rocke said that there are hundreds of organizations and companies that have committed to “recognizing the unique opportunity that Soldiers, veterans and their family members bring

to various sectors within industry.”

Rocke said that the recent budget-related drawdown has caused Army transitions to spike to about 90,000 Soldiers, annually. If the Army is not required to draw down below 490,000, he said, transitions should return to the pre-drawdown rate of about 75,000 annually.

Those Soldiers leaving the Army each year are being prepared for civilian life through the Army’s Transition

Assistance Program, which previously was called the “Army Career and Alumni Program.”

TAP is now part of Rocke’s “Soldier for Life” program.

“The Transition Assistance Program is responsible for the structured transition process that begins 12-18 months prior to transition,” Rocke said.

As Soldiers prepare to leave the Army, they are required to enroll in

the Soldier for Life-TAP. As part of their involvement in that program, Soldiers learn of job opportunities, such as those offered by the ATA, and learn what they must do to take advantage of those programs.

Sgt. Maj. of the Army Raymond F. Chandler III said that while the Army does not find civilian work for Soldiers after they leave service, it does help prepare Soldiers for private-sector jobs. Soldiers themselves, he said, with adequate guidance from the Army and their leadership, must prepare themselves for their futures.

“Soldiers can help themselves,” he said. “That’s through getting as much civilian education and credentialing opportunities as they can while on active duty. When a Soldier starts, there should be a plan in place for that individual to start working on college after one year of active federal service.”

Other Programs Available

Similar programs include Shifting Gears Automotive Technician Training; Veterans in Piping, Welding and HVAC; Veterans in Construction (Electric); International Union of Painters and Allied Trades; Microsoft Software Engineer Academy; Veterans Entering Trucking; and National Institute of Sheet Metal Workers.



Photo by 25th Infantry Division

KWAJALEIN ATOLL – The 25th ID’s HAST members pose for a group photo before taking a bicycle tour during their validation exercise. The validation exercise ensures HAST can accomplish its mission if a real disaster strikes the Pacific region.

HAST: Teams need to be ready to fight ‘off the ramp’

CONTINUED FROM A-1

sist our partners during their time of great need. One thing about humanitarian assistance is that it transgresses politics, political sensitivities and it’s a universal humanitarian requirement that we help each other during times of great need.”

USARPAC has three units with HAST teams. 25th ID is one; I Corps and the 8th Theater Sustainment Command are the other two. The 25th

ID teams just recently stood up and successfully conducted validation exercises. HAST A validated in the Philippines and HAST B validated on the Kwajalein Atoll.

“One of Maj. Gen. Flynn’s pieces of guidance was to never be late and to be able to fight off the ramp as soon as we land,” Marbella said. “We answered the mail on that one. The HAST A that went to the Philippines was airborne in nine hours and arrived in the simulated disaster area

in 21 hours, and began reporting within 24 hours of arrival. When HAST B’s validation came, we erased the challenges by doing the N-hour alert on a weekend, flying via mil air, and going to a communicationally expeditionary environment. Kwajalein doesn’t even have cell phones, so we had to rely on our expeditionary comms gear.”

The HAST teams are one more way the 25th ID proves to nations throughout the Pacific that they are a force for peace and stability in the

region.

“Its greatest significance is portraying to our allied partners that, besides combat operations, we are willing and will be there at their time of need during a disaster,” Marbella said. “You cannot surge trust. There has to be continuous communication and training with our partner nations for them to have the confidence that if they call, the United States Army-Pacific will be there to assist.”

Act now or Roth TSP contributions may stop

ABIGAIL C. REID

Federal Retirement Thrift Investment Board

If you’re an active duty member of the Army, Air Force or Navy making dollar-amount Roth contributions to your Thrift Saving Plan (TSP) account, these deductions will stop Jan. 31, 2015, unless you act now.

How your election requirements have changed. As of Jan. 1, 2015, a change in myPay now requires you to designate your Roth contributions as a percentage of your pay, not a dollar amount. If you don’t comply with this change, then the Defense Finance and Accounting Service (DFAS) will not be able to process your Roth contributions.

This change affects Roth contributions only; traditional contributions are already designated as a

percentage of pay.

When the change takes effect. The new requirement took effect Jan. 1. If your new Roth election is not received by Jan. 31, then DFAS will not be able to process your Roth contributions until you update them in myPay.

How to make the change. Log into myPay. You’ll see a special TSP section called “Traditional TSP and Roth TSP”—click there. Then, in the “Contribution from Roth TSP” section, you can enter the percentage of your pay that you’d like to contribute (10 percent, for example).

Finally, click “Save” at the bottom of the screen. You may also download the January 2015 version of Form TSP-U-1 from the Forms & Publications section of tsp.gov and return it to your service.

Why you should make the change. When you

make Roth contributions, you pay taxes on the money you save before it goes into your TSP account. So, you pay no income taxes when you take it out, and your earnings can also be tax-free if you have reached age 59½ or have a permanent disability and five years have passed since the year of your first Roth contribution.

As a member of the uniformed services, you can make Roth contributions from tax-exempt pay, basic pay, incentive pay, special pay and bonus pay. If you make contributions from tax-exempt pay earned in a combat zone, you won’t pay taxes on your contributions, and you’ll have the opportunity for both tax-free growth and tax-free withdrawals.

(Editor’s note: The change to TSP includes Navy reservists who serve more than 30 days on active duty.)

Pay: Changes to BAS are linked to USDA cost of living index

CONTINUED FROM A-1

term commitments in the form of a lease or contract are not penalized if local housing costs decrease.

The 2015 BAS rates for military members will increase by 2.9 percent over last year.

Rates and adjustments

The new rates follow:

- \$367.92 per month for enlisted members.
- \$253.38per month for officers.

The annual adjustments to BAS — a monthly nontaxable cash payment to military members intended to be used to buy food —are linked to changes in food prices as measured by the annual change in the U.S. Department of Agriculture Cost of Food at Home Index.

From the beginning of October 2013 through the end of September 2014, the index rose by 2.9 percent, forming the basis for the increased BAS rates.

The Defense Department also released its 2015

CONUS COLA rates. Roughly, 12,000 members will see a decrease in their CONUS COLA payments, while some 7,000 members will see an increase or no change, and 4,000 members will no longer receive a CONUS COLA payment.

CONUS COLA is a taxable supplemental allowance designed to help offset higher prices in high-cost locations, and rates vary based on location, pay grade, years of service and dependent status. Rates can increase or decrease depending on the prices in a specific duty location.

Town Hall: Army plans to retain the best officers, NCOs

CONTINUED FROM A-1

"We'll continue to downsize until '18, and until we get to 450,000 in the active component, 335,000 in the National Guard and 195,000 in U.S. Army Reserve," he said.

The Army will continue to have the best officers and noncommissioned officers, Odierno said.

"We want to promote the right people, so we maintain a strong Army," he said.

The Army's noncommissioned officer corps, Odierno said, sets the force apart from every other army in the world.

"We want to maintain high standards in our noncommissioned officer corps," he said. "We want to make sure we're promoting those who are

trained, who are experienced and who continue to lead in the future."

But as the Army downsizes, it will seek to cut where it can to best reduce its numbers. There will continue to be officer separation boards over the next few years, Odierno said.

Chandler said the Army will retain the best Soldiers as it reduces in size.

Tax season to open normally after ‘extender’

INTERNAL REVENUE SERVICE

News Release

WASHINGTON — Following the passage of the extender’s legislation, the Internal Revenue Service has announced it anticipates opening the 2015 filing season as scheduled in January.

The IRS will begin accepting tax returns electronically on Jan. 20, and paper tax returns will begin processing at the same time.

The decision follows Congress renewing a number of "extender" provisions of the tax law that expired at the end of 2013. These provisions were renewed by Congress through the end of 2014. The final legislation was signed into law Dec 19, 2014.

"We have reviewed the late tax law changes and determined there was nothing preventing us from continuing our updating and testing of our systems," said IRS Commissioner John Koskinen. "Our employees will continue an aggressive schedule of testing and preparation of our systems during the next month to complete the final stages needed for the 2015 tax season."

The IRS reminds taxpayers that filing electronically is the most accurate way to file a tax return and the fastest way to get a refund. There is no advantage to people filing tax returns on paper in early January instead of waiting for e-file to begin.

More information about IRS Free File and other information about the 2015 filing season will be available later this month

UCMJ amended for sexual assaults

DAVID VERGUN
Army News Service

WASHINGTON — The fiscal year 2015 National Defense Authorization Act, signed into law last month, significantly changes the Uniform Code of Military Justice in cases pertaining to rape and sexual assault.

All of the UCMJ amendments contained in the NDAA pertain to investigating and prosecuting sexual assault crimes and victim care, said Lt. Col. John Kiel Jr., chief, Policy Branch, Criminal Law Division, Office of the Judge Advocate General.

A big change involves Article 32 preliminary hearings, he said, then gave some background.

The purpose of an Article 32 investigation was at one time "to provide discovery to the defense," he said. Then, the FY14 NDAA directed that the purpose of an Article 32 be "to determine whether probable cause exists to believe that an offense under the UCMJ has been committed and that the accused committed it."

Article 32 hearings are now modeled after preliminary hearings in the federal criminal system, he said. The FY15 NDAA requires that the preliminary hearing be conducted by a preliminary hearing officer who is a judge advocate and that qualifying victims, as defined in the statute, have a right not to testify at the hearing should they so choose. This right applies to both military and civilian victims.

Special Victims’ Counsel
The FY15 NDAA made three additional modifications.

First, Congress directed that the military rules of evidence be amended to reflect that wherever a victim has a right to be heard, the victim may exercise that right through his or her counsel, he said.

Second, Congress directed the service secretaries to publish procedures to ensure that special victims’ counsel receive adequate notice of the scheduling of hearings, trials and other courts-martial proceedings.

Third, victims may now petition the service court of criminal appeals for a writ of mandamus in cases where the victim believes the military judge erred in a ruling pertaining to

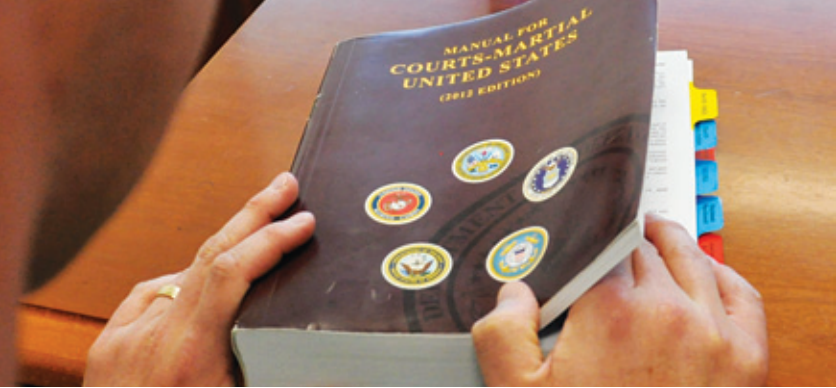


Photo by Air Force Staff Sgt. Nicholas Rau

Sweeping changes to the Manual for Courts-Martial have been brought about by the National Defense Authorization Act for fiscal year 2014, signed Dec. 26, 2013, according to an expert in the Army’s Office of the Judge Advocate General.

rape shield evidence under Military Rule of Evidence 412 or violating the psychotherapist-patient privilege under MRE 513.

A writ of mandamus is an order from a superior court to a subordinate government court to do or refrain from doing something.

Convening Authority
Congress also created a system in the FY14 NDAA whereby any decision not to refer a sexual assault offense to court-martial by a convening authority will be reviewed by a superior competent authority, he said. In the case where the convening authority and his or her staff judge advocate disagree about the referral decision, the case will then be sent to the service secretary for review. In the case where both the convening authority and the staff judge advocate agree not to refer, the case will be reviewed by the next higher convening authority.
The FY15 NDAA created an additional review mechanism, Kiel said. It mandates that in any case where a convening authority decides not to refer a sex assault offense, the chief prosecutor of the service may request that the service secretary review it, and if such a request is made, the secretary must review it. The judge advocate general of each service may designate a chief prosecutor for purposes of this provision if such a position does not already exist within their respective service.

Care for victims

Two other changes in the FY15 NDAA apply to the treatment and care of victims of sex assault.

The first mandates that victims of sexual assault crimes be given an opportunity to express a preference as to whether their case is tried by the military or by the local prosecutor, Kiel said. If the victim chooses the latter, the convening authority must ensure that the local prosecutor is made aware of the victim's preference, understanding that the preference is not binding on the prosecutor. The convening authority must inform the victim about the prosecutor's decision to prosecute or not.

Second, he said, Congress recognized that in the past, some victims of sexual assault may have been discharged from the service and given a discharge less than honorable.

The FY15 NDAA directs that the service secretaries develop a confidential review process utilizing boards for the correction of military records to review the characterization of the discharge or separation of any individual who wants to challenge the characterization of their discharge on the grounds that it was adversely affected by the individual being the victim of a sex-related offense.

Finally, there are some congressionally appointed panels and a panel appointed by the secretary of Defense to study various aspects of sexual assault in the military and the military justice system in general, Kiel said.

AER accepting applications for scholarships

ARMY NEWS SERVICE
News Release

ALEXANDRIA, Virginia — Army Emergency Relief began accepting applications for next year's scholarships, and the application period will remain open through May 1.

Last year, AER awarded 3,637 scholarships, totaling more than \$8.8 million to the spouses and children of Soldiers.

AER supports both the Spouse Scholarship Program, as well as the Maj. Gen. James Ursano Scholarship Program for dependent children. Specific details on the scholarship and the applications are available on AER's website.

The Spouse Scholarship can be used for full- or part-time students, while the Ursano Scholarship is only for full-time students.

"The entire scholarship process is online," said Tammy LaCroix, manager for AER's scholarship programs. "Last year, we found that the online process worked best for those who downloaded the step-by-step instructions and used them as a checklist."

"Applicants are able to create their own profile, submit their documentation online and check their status," added LaCroix. "This proved to be a huge timesaver for both the applicants and the scholarship staff."

The entire application package for the 2015-2016 school year must be submitted online by May 1. This includes the application as well as all required supporting documents.

Most applicants will need to provide transcripts (through the fall semester) and a Student Aid Report from the Free Application for Federal Student Aid, known as FAFSA. Active duty Soldiers will also need to provide a leave and earnings statement.

AER awards "needs-based" scholarships, based on FAFSA and transcripts, officials explained. The amount of the award varies, based on the number of qualified applicants and scholarship funds available.

Last year, the average award was \$2,600 for children and \$1,900 for spouses.

AER

Army Emergency Relief is a private, nonprofit organization, dedicated to providing financial assistance to Soldiers, active and retired, and their families. Since its incorporation in 1942, AER has provided more than \$1.6 billion to more than 3.6 million Soldiers, families and retirees.

Travel regulation changes, affects PCS moves, travelers

CLAUDETTE ROULO
DOD News, Defense Media Activity

WASHINGTON — Big changes are happening with the Joint Travel Regulations, and they could affect your next permanent change of station move or how you are reimbursed for temporary duty assignments.

As of July 25, Army uniformed and civilian travelers are directed to use their government travel credit cards for PCS moves, said Harvey Johnson, director, Defense Travel Management Office.

The Air Force has a similar policy already in place, Johnson said, and the Marine Corps is preparing to implement its own administrative message regarding use of the government travel card for permanent changes of station.

"The Navy is conducting a pilot (program) to use the card for PCS, so I believe it's imminent for all the services," he noted.

The change applies to uniformed and civilian personnel in each of the services, Johnson said.

"Ultimately, we want to extend this initiative to all federal civilians and uniformed members, because at the end of the day, we believe it's the right thing for our cardholders," he said.

By using the government travel card, movers no longer are forced to pay out of pocket for moving expenses, Johnson said. The new policy also generates a number of other benefits, including eliminating the need to apply for advance travel pay and reducing the chance of becoming delinquent on a personal credit card.

"We want to make sure that people still have it within their budget to continue to travel," he said, "but we've got to travel smarter, more efficiently and try to return money back to the Department of Defense."

Every time travelers use their government travel card, their service receives a rebate, Johnson

said. A 5 percent increase in usage across the department generates an 11 percent rebate, he said, adding that "services get that money back in their budgets, ... a return on investment that we need during sequestration."

Additionally, using a government travel card allows the department to understand how travelers are spending, Johnson said, "and that allows us to negotiate better rates, whether it's with the rental car companies or amenities with hotels," he added.

Most moving-related expense is authorized. "So, if you think of the big categories, there's air, there's rail, there's rental cars, then you have things like lodging, meals and other travel-related expenses," he said.

The Joint Travel Regulations and the Joint Federal Travel Regulations were consolidated into one regulation on Oct. 1, so all travelers now have one volume to refer to for questions about official travel, Johnson said.

An extensive list of authorized expenses can be found at Appendix G of the Joint Travel Regulations, he said, which is available at <http://www.defensetravel.dod.mil/site/travelreg.cf>. Travelers also can call the Travel Assistance Center at 1-888-HELP1GO (435-7146), which is open 24/7, Johnson added.

An expanded definition of what constitutes incidental expenses during official travel went into effect Oct. 1, he said. The change will save the department about \$18 million annually.

Per diem payments are made up of lodging, meals and, for travelers in the continental U.S., a \$5 daily incidental payment. The definition of what qualifies as an incidental expense — which travelers are expected to pay for from that \$5 daily payment — now includes ATM fees, baggage tips for uniformed personnel and, within the con-

tinental U.S., laundry expenses, Johnson said.

"These were previously expenses that were miscellaneous reimbursable expenses," he noted.

The expanded definition will affect only a few travelers, Johnson said, and no one should end up paying out of pocket. For example, only about 13 percent of travelers were claiming ATM fees and they averaged out to about 76 cents per day, well under the flat \$5 daily incidentals payment.

"This incentivizes people to plan ahead," Johnson said. "Should you make an ATM withdrawal? Certainly, if it's necessary. Should you make one every day? I would offer there's probably a better way to plan for that."

If travelers find their average incidental expenses are in excess of the incidentals payment, they should contact their approving authority to ensure actual expenses are authorized on their travel orders.

Mission-related expenses continue to be reimbursable, and should not be confused with incidental expenses, he noted.

"So, if my mission calls for ... (me) to do certain things — make an extraordinary amount of phone calls using the hotel phone, or other mission-type expenses — they are still reimbursable," Johnson said. Travelers should still ensure that their approving authority has approved such expenses, he added.

The travel management office used three guiding principles when considering these policy changes, Johnson said.

First, do no harm. Reducing costs to the government shouldn't come at the expense of travelers, he explained.

Second, Johnson said, "We're looking to fairly compensate travelers for expenses occurred."

And third, use data to test and back up recommendations.



Visit www.garrison.hawaii.army.mil/info/trafficalendar.htm.

Today

Take a Left — HDOT says that construction on a traffic improvements project between Lumiaua Street and Kamehameha Highway in Waialeale, that began Monday, is anticipated to last six months, with completion in June. The project will add a dedicated left-turn lane on Lumiaina Street in the eastbound direction, turning onto the northbound lanes of Kamehameha Highway towards Mililani. Traffic signals will be modified to provide a left-turn green arrow for these lanes.

Work will be scheduled 8:30 a.m. to 3 p.m, weekdays, excluding holidays. The left eastbound lane will be closed during work hours between Lumiaua Street and Kamehameha Highway, but traffic across and onto Kamehameha Highway will still be allowed.

Visit <http://hidot.hawaii.gov/wp-content/uploads/2014/12/Lumiaina-St.-Improvements-Rendition.jpg> for an artist's rendition of the new lane configuration.

10 / Saturday

H-1 Closures — HDOT advises of multiple lane closures on the westbound H-1 between the Pearl

City/Waimalu off-ramp (exit 10) and the Waipahu off-ramp (exit 8B). Three right lanes will be closed starting at 11 p.m. until noon, Sunday. The lane closure will then be reduced to two right lanes from noon through 4:30 a.m., Monday.

Westbound motorists are advised to adjust their schedules, to expect delays and to use alternate routes, such as Kamehameha Highway and Moanalua Road.

Call the project hotline at 945-1144. Follow HDOT on social media and visit the Pearl City Viaduct Deck Widening and Repair project website for traffic and roadwork updates.

Storm Delay — A scheduled power outage for Schofield’s Generals Loop has been cancelled until further notice due to storm damage last weekend.

14 / Wednesday

FS Water Outage — A maintenance and repair project on Walter J. Nagorski Golf Course, Fort Shafter, will require a six-hour water outage until 2:30 p.m., affecting housing tenants and the golf course. Water will be restored at the end of both days.

20 / Tuesday

Modified Traffic Flow — Schofield’s Aleshire Avenue, near buildings 2027 and 2087, will be closed for utility installation until Jan. 21.

No Juice — Fort Shafter sees a power outage, 8 a.m.-2 p.m., that will affect the following: Hauoli South, 405, 407, 409, 415, 419, 423, 427, Parks Road, Radar Hill, 201, 215, 220, 225, 234, 235,

245, and 250.

Call 457-4060 or 687-8317 for info on this and the related Fort Shafter outages, Jan. 21, 26, 27 and 28, below.

21 / Wednesday

FS Outages, Continued — A power outage, 8 a.m.-2 p.m., will affect the following: Hauoli South, 175, 180, 185, 190, 195, 198, Van Antwerp Place, 115, 119, 123, 125, 129, 131, 7th Street, 2015, 2023, 2029, 2035, 2041, 2049 and Simpson Street.

Clinical Outage — U.S. Army Health Clinic-Schofield Barracks will experience the first of three total power outages, including its Acute Care Clinic, 8 a.m.-6 p.m. Additional outages are scheduled for March 7 and June 6.

24 / Saturday

Revised Electrical Outage — The power will be out, 8 a.m.-4 p.m., to support Fort Shafter’s flood mitigation project main electrical line transfer. Units/directorates/others affected by the outage should be prepared for an extended outage in this event.

26 / Monday

FS Outages, Continued — The following buildings will be affected by an electrical outage, 8 a.m.-2 p.m.: Fort Shafter Housing Simpson Wisser, 2055, 2061, 2067, 2075, 2079, 2083, 2089 Simpson Street, Radar Hill 255, 260, 265, 270, 275, 280, 285, and 295.

27 / Tuesday

FS Outages, Continued — The following buildings will be affected by an

electrical outage, 8 a.m.-2 p.m.: Fort Shafter Housing , Simpson Wisser 2107, 2119, 2125, 2131, 2093, 2097, Simpson Street, Hauoli South, 140, 150, 160, 170, 174, Patch Place.

28 / Wednesday

FS Outages, Continued — Affected will be Fort Shafter Housing, Simpson, Wisser, 2137, 2145, 2155, 2163, 2169, 2175, 2185, 2191 Simpson Street, Radar Hill, 106, 108, 110, 112, 412, 121, 123, 125, 127, 419, 421, 423, 425, Austin Road, Hauoli South 178, 182, 190, 198, Patch Place.

30 / Friday

NTV No-Go — Effective today, the 404th Army Field Support Branch, Logistics Readiness Center will no longer provide dispatching services at Fort Shafter Flats. Due to reduction of the non-tactical vehicle fleet Armywide and staffing challenges, the LRC cannot sustain this service.

NTVs being dispatched at FS Flats will be required to dispatch their vehicles at the Transportation Motor Pool on East Range, Bldg. 6027. Vehicle dispatching at the TMP occurs three weeks of each month, 8 a.m.-4 p.m. Contact your Unit Vehicle Coordinator for exact details. Call 656-0711.

FS Outages, Continued — Affected will be Fort Shafter Housing, Simpson, Wisser, 2137, 2145, 2155, 2163, 2169, 2175, 2185, 2191 Simpson Street, Radar Hill, 106, 108, 110, 112, 412, 121, 123, 125, 127, 419, 421, 423, 425, Austin Road, Hauoli South 178, 182, 190, 198, Patch Place.

Ongoing

AMR Closures — Aliamanu Drive is completely closed, 8 a.m.-4:30 p.m., between Okamura and Rim Loop, until Feb. 2.

Road Closed — There will be full road closures at Fort Shafter Flats’ Loop and Annex roads for utility and flood mitigation structures installation until Feb. 28.

Paumalu — HDOT advises of reduced weight and speed limit restrictions on the Paumalu Stream Bridge on Kamehameha Highway, located between Paumalu Place and Ke Nui Road, near Sunset Beach.

A recent inspection found spalling deterioration on some of the bridge’s concrete support pillars. As precautionary measures, the bridge weight limit has been reduced from 40 to 27 tons, and speed limits over the bridge have been reduced from 35 to 25 miles per hour.

Two-way traffic, buses and emergency vehicle access will remain open as normal. Portable message boards have been set up to notify motorists approaching the bridge area.

The Paumalu Stream Bridge was originally constructed in 1929.

Modified AMR Traffic — Skyview Loop will be completely closed between Nim Place and Ixora Place until April 15, due to underground utilities work. The dates have changed for this area of the project to be redesigned.



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

TSP — Active duty? Your Roth contributions may stop unless you act soon. Log into myPay. Click the special Thrift Savings Plan section called “Traditional TSP and Roth TSP.” Then, in the “Contribution from Roth TSP” section, you can enter the percentage of your pay that you’d like to contribute (10 percent, for example). Finally, click “Save” at the bottom of the screen, or you can download Form TSP-U-1 and return it to your service.

Visit www.tsp.gov/PDF/formspubs/tsp-u-1.pdf.

(See related story, p. A-4.)

Also, federal employees who will

turn 50 during the year are eligible to make TSP catch-up contributions, which are supplemental tax-deferred contributions that employees ages 50 or older (or turning age 50 during the calendar year) can make to the TSP beyond the maximum amount.

Employees can contribute through regular contributions. Visit www.tsp.gov/ for the current year's limit.

30 / Friday

Incoming SMA — Command Sgt. Maj. Daniel A. Dailey, selected to become the 15th sergeant major of the Army, will succeed Sgt. Maj. of the Army Raymond Chandler, Jan. 30, in

Washington, D.C.

At age 42, Dailey will be the youngest Soldier to serve as SMA.

(See related story, p. A-1.)

February

2 / Monday

Groundhogs and Keiki — A Junior Achievement job shadow pilot program for Oahu middle school students takes place on Groundhog Day.

An employee of a local organization will partner with a student who will shadow that employee throughout the day and receive hands-on mentoring.

The student will have the opportu-

nity to learn about the position and the company, as well as receive valuable educational and career development advice.

Past participating organizations have included those within the health care, hospitality, financial, technology and government sectors. Visit jahawaii.com.

27 / Friday

AER — Army Community Service begins the 2015 Army Emergency Relief Campaign in Hawaii at Schofield’s Nehelani, 3:30 p.m. The 2015 campaign runs March 1 - May 15.

Watch this space for updates.

PAU HANA

“When work is finished.”



New Year, New You

It's time to put your best foot forward

TRICARE
News Release

The start of a new year brings fresh starts, new opportunities, new goals and new dreams.

This year, TRICARE in support of Operation Live Well, encourages you to make a determined approach to becoming a better you than you were last year.

While you may not set New Year's resolutions, you can set new goals for yourself. Whether you need to quit smoking, lose weight or learn a new skill, a new year offers a fresh perspective on the year that you won't have any other time.

The American Psychological Association (APA) cautions that the new year isn't meant to serve as a catalyst for sweeping character changes, but as a time for people to reflect on their past year's behavior and promise to make positive lifestyle changes.

The APA offers five steps to help you make lasting change:

- Start small.
- Change one behavior at a time.
- Talk about it.
- Don't beat yourself up.
- Ask for support.

Changing Attitudes

Are you a pessimist? Begin daily affirmations to give yourself a more positive outlook.

Tend to overindulge on desserts? Try replacing dessert with a healthier option you enjoy, like fruit or yogurt.

In order to make lasting changes, the National Institutes of Health reminds us that maintaining a change requires continued commitment until the change becomes part of your life, like brushing your teeth or washing your hair.

You also want to envision how the change will impact your life. For instance, when you stop smoking, think about how your risk plummets for cancer, heart disease, stroke and early death.

Prepare yourself for challenges and ask how bad you really want it. Research suggests that if it's something you really want for yourself, if it's meaningful to you, you're more likely to stick to it.

Many people start the new year with hope and big plans. With thoughtful planning and realistic goals, you can end the year in accomplishment.

Online

For more information on living your best and living well, visit www.tricare.mil/livewell.



Fitness instructor Kyoko Fujibayashi, right, leads Elba Adams, an Army spouse, in an hour-long kickboxing class at the Schofield Health & Fitness Center on Tuesday.

FMWR offers fitness options

Story and photos by
KAREN A. IWAMOTO
Staff Writer

WHEELER ARMY AIRFIELD — Resolving to lose weight and stay fit at the beginning of a new year is so common it's become a cliché.

But this year, the Schofield Health & Fitness Center, part of garrison's Directorate of Family and Morale, Welfare and Recreation, is making it easier to stick to that resolution with its first-ever Fitness Resolution on Saturday, Jan. 17, at the center.

The event is free and open to all Department of Defense cardholders and their family members 13 and older.

Attendees can meet with representatives from Sgt. Yano Library, DFMWR's Outdoor Recreation program, Island Divers and nutritionists from Tripler Army Medical Center, among others.

The event also provides an opportunity to participate in 15-minute previews of fitness classes offered by the Schofield Health & Fitness Center.

Megan Miller, Schofield Health & Fitness Center manager, encourages those interested in improving their health and fitness to attend the Fitness Resolution and consider signing up for a class anyway.

"All of the classes can be done at your own pace," she said. "The point is to keep moving, even if you can't do it as fast as everybody else."

There's something for even the youngest of participants. The center is hosting a 10-week Zumbini class for children 0-3 years old at 11 a.m. on Thursdays.

The first Zumbini demonstration kicked off on Thursday, Jan. 8, and the first class starts on Thursday, Jan. 22.

See FMWR B-4

Yes, you can achieve your weight loss goals

COL. JOANNA REAGAN
Army News Service

January is the time of year when many people make a New Year's resolution to lose weight.

Some people want to lose just a few pounds, while others may want to lose 30 pounds or more.

So, where can you find the inspiration to help you to lose more than 30 pounds and keep it off for more than a year?

Read entries in the National Weight Control Registry, which contains stories of individuals who have lost more than 30 pounds and have kept it off for at least one year. Currently, more than 10,000 individuals have shared their story in order to help others lose weight.

Eighty percent of entries in the National Weight Control Registry are from women and 20 percent are from men. The average participant has lost 66 pounds and kept it off for 5.5 years.

There are many differences in participants:

- Forty-five percent of participants lost weight on their own and 55 percent lost weight with the help of a weight loss program.
- Ninety-eight percent of participants modified their food intake to lose weight.
- Ninety-four percent increased their physical activity to lose weight, such as increased walking.
- Ninety percent exercised about an hour per day and minimized their time watching TV.
- Eating breakfast every day was reported by 78 percent of the

See GOALS B-4

Beneficiaries can call the Nurse Advice Line w/urgent care questions

TRICARE
News Release

When an urgent health problem arises, it is hard to know whether you should try to tough it out or seek medical care.

Luckily, TRICARE beneficiaries can call the Nurse Advice Line (NAL) to get advice on their health care questions.

Not all health problems require a visit with a medical specialist, though, but a registered nurse (RN) at the NAL can help you make the decision on whether you should seek care at an urgent care center.

NAL Option

While going to an urgent care clinic for a high fever or a sprained ankle may seem like the easiest option, if you call the NAL, first, you can save time and money.

The NAL is made up of a team of RNs who can answer your health care questions. There is always a live person on the line to answer your concerns.

When you call, the nurse will ask several medical questions based on your symptoms. These questions were developed by physicians to help the RNs get the most accurate assessment of your medical problem.

If you are not calling for yourself, please make sure that the family member in question is present, so you can assess his or her condition as the nurse asks questions. If the person is over age 13, the nurse may ask to speak to the person directly. Feel free to stay on another line or use a speakerphone option if that makes you more comfortable.

If self-care is recommended, the nurse may provide you with advice on home treatments and remedies. However, if you or your family member needs an urgent care appointment, the NAL will help you with next steps.

(1) If you are on TRICARE Prime and enrolled at a military treatment facility (MTF) or clinic, the NAL will try to schedule a same or next-day appointment for you.

(2) If you are a TRICARE Prime beneficiary enrolled at an MTF and the NAL is unable to get you an appointment in your MTF when

you need it, the NAL will follow-up with your MTF to ensure your urgent care referral is submitted.

(3) If you are a Prime beneficiary and receive care through the civilian network, and the NAL determines you need urgent care, just follow-up with a call to your civilian primary care manager's (PCM's) office the next business day to let them know.

Please keep in mind that if you get urgent care from another provider without a referral from your PCM, or if the NAL did not recom-

mend you seek urgent care, you will be using the point of service option. The NAL will advise beneficiaries on all other TRICARE plans to seek care within the network.

NAL Access

To access the NAL, dial 1-800-TRICARE (874-2273) and select option 1. Get more information about the Nurse Advice Line on the TRICARE website.



Fitness instructors Traci LaRosa and Carlie Lawes, left, lead an hourlong R.I.P.P.E.D. fitness class at the Schofield Health & Fitness Center on Tuesday.



Briefs

Today

EDGE Home School Art Workshops — Open to CYS registered youth & teens (grades 1-12) at SB Arts & Crafts Center for fun workshops designed to tap creativity.

- Jan. 9 & 16 is Clay Hand Building, \$15/per child, includes supplies.
- Jan. 23 & 30 is Basket Weaving, \$23/per child, includes all supplies. Register at 655-9818.

Lei Making Workshop — Learn to make your own lei, 1-2 p.m., at SB Arts & Crafts Center. Preregistration is required. Ribbon-braided lei are \$15 each; straw lei are \$20 each. Call 655-4202.

10 / Saturday

Adventure Mountain Bike (Level 2) — Ready to take your biking to the next level? Come with Outdoor Recreation as we explore the mountain bike paths of Sunset Hills. This is a level 2 fast-paced adventure, for intermediate to advanced bikers. Outdoor Recreation will provide transportation, equipment and instruction while you provide your own water and snacks. Program will be held 8:30 a.m.-12:30 p.m. Ages 10 and up are welcome. Call 655-9046 (or 9045).

Bringing in the New Year — It’s a New Year’s celebration at Schofield Bowl! We will be offering Cosmic Bowling by DJ Dynamic Sounds, door prizes, giveaways and much more. The fun begins at 7:30 p.m. and will last until 12:20 a.m.

Military and dependents pay \$3/game per person, \$1.75 shoe rental; civilians pay \$3.75/game per person, \$2 shoe rental. Call 655-0573.

14 / Wednesday

EDGE Home School Adventure-Kayaking — In partnership with Outdoor Recreation, learn to hike and whale watch at Kaena Point and Makapu’u lighthouse. Participants should be 1st - 12 grade. Everyone must wear shoes and bring water and sunscreen. The series includes two

NEHELANI TREATS



Photo by Karen A. Iwamoto, Oahu Publications

SCHOFIED BARRACKS — **Brittany Wright, Keanna Smith and Robin Gates, the wait staff at the Kolekole Bar and Grill, serve up Mexican food for diners during lunch on Taco Tuesdays. Kolekole Bar and Grill is open 11 a.m.-8 p.m., Monday-Friday. The lunch buffet is available from 11 a.m.-1 p.m., and dinner is available from 5 p.m. to 8 p.m. Social hour is 5 p.m. to 7 p.m. on Mondays, Wednesdays and Fridays. The bar is open from 3- 9 p.m., Monday-Friday.**

days, Jan. 14th & 21st, 8:30 a.m.-noon, for \$20. Call 655-9818.

BOSS — Single Soldiers and geographic bachelors are highly encouraged to attend Better Opportunities for Single Soldiers meetings every Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference.

- North meetings are held at SB Tropics, at 3 p.m., every 1st and 3rd Wednesday.
- South meetings are held at FS Bowling Center at 10 a.m., every 2nd and 4th Wednesday. Call 655-1130.

Teen Manga Club — If you’re a teen that’s interested in manga, come at 3 p.m. to SB Sgt. Yano Library. Whether you’re a manga fiend or just getting into it, come enjoy free semi-monthly manga meetings. Discussions include how to improve the manga collection, sharing of artwork and other activities. For ages 12-17. Call 655-8002.

Baby-Sitting & CPR — Register for SKIES Unlimited free baby-sitting and CPR/first aid monthly courses, for 12-18 year olds. After class completion, 13 and over students will be added to the SKIES super-sitter referral list. Class participation requires registration by a parent/guardian with

Army CYS, Parent Central Services. Register now at 656-9818 for the 4-7 p.m. sessions:

- Jan.14, Feb. 4 & 11, baby-sitting.
- Jan 21 & 28, Feb. 18 & 25, CPR/first aid.

15 / Thursday

Mad Science Fire & Ice — Explore the wild world of science with chemical reactions and the wonders of dry ice as the Mad Scientist demonstrates a bottle blast, a crazy bubble shower, and creepy, foggy effects from 3 p.m.-3:45 p.m. at Sgt. Yano Library. Appropriate for elementary aged children. Call 655-8002.

17 / Saturday

Fitness Resolution — It’s New Year, New You time at the Health & Fitness Center! From 8:30-11:30 a.m. enjoy 15 minute previews of all our group fitness classes, health assessments given by personal trainers, open house rock wall climbing, and knowledgeable sports and fitness vendors. We’ll also have prize give-aways.

This free event is open to all DOD ID cardholders and their family members 13 and older (children under 15 must be accompanied by their parent or guardian). Call 655-8007.

Stand up Paddleboard Lessons — Come join Outdoor Recreation, 8:30 a.m.-12:30 p.m., to learn Stand Up

Paddleboard. This family friendly activity explores the ocean and waterways of Hawaii. Outdoor Recreation will provide the transportation, equipment, and instructions. All you need to bring is water and any snacks you may want. Ages 10 and up are welcome.

Hip-Hop and R&B Night — All White Attire Party begins at 9:30 p.m. at Tropics Recreation Center with drinks and dancing all night! Our DJ will get the room pumped for DOD cardholders 18 and over. Call 655-5698.

Ongoing

Youth Sports & Fitness Youth Registration — CYS Services Youth Sports Baseball & Wrestling Program registration is open, Jan. 2-31, to keiki born from 1998-2010. Cost is \$60/per player for baseball and \$20/per player for wrestling.

First-time participants and renewals must sign-up at CYS Services Parent Central Offices. Ask the clerk about multi-child fee reduction.

•Baseball practice is from April 1-June 19; season runs from April 25-June 20.

•SB wrestling practice begins April 7; AMR wrestling begins April 8. Call your area Youth Sports office: FS/AMR at 836-1923 or SB/WAAF/HMR at 655-6465.

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

TAMC Parking — Tripler Army Medical Center has opened 121 new parking stalls on the lower level of the Oceanside parking lot. TAMC leaders launched the parking project in mid-August to help alleviate parking concerns.

Military Spouse of the Year — Send nominations now, which will be taken through Jan. 16 at <http://msoy.militaryspouse.com>. Candidates will be narrowed by vote to one winning installation, district and state on Jan. 20. Finals will be held in Washington, D.C., May 8.

10 / Saturday

Elton John in Concert — The rock legend performs at 8 p.m. at Blaisdell Arena. Visit Ticketmaster.com for more information.

11 / Sunday

New Year’s Ohana Festival — Hosted by the Japanese Cultural Center of Hawaii, the 10 a.m.-4 p.m. festival highlights Japanese and multicultural customs through food, crafts, entertainment and keiki games. Visit www.jcch.com.

14 / Wednesday

Martin Luther King Day Observation — This USAG-HI South observation begins at 10 a.m., Jan. 14, at

the AMR Chapel. President of the Honolulu NAACP, Alphonso Braggs, will be the guest speaker. Call 438-5933.

15 / Thursday

Flu Vaccinations — The Schofield Health Clinic now offers flu vaccinations to authorized patrons. Schofield Family Medicine flu immunizations are provided for Red, White and Blue Family Medicine teams.

- From 7:30-11:30 a.m., and 1-5:30 p.m., Wednesdays, through Jan. 15, for Family Medicine Red Team.
 - From 7:30-11:30 a.m., Monday-Friday.
 - From 1-3 p.m., Monday and Friday.
 - From 1-2 p.m., Tuesdays through Thursdays.
- Schofield Pediatrics immunizations are available for Honu and Gecko Pediatrics teams, 8-11 a.m., and every afternoon 1-3 p.m., except Wednesday, or with any scheduled appointment.

TAMC Access — Beginning Jan. 15, Department of the Army security guards will no longer accept TAMC hospital badges as a form of identification for access. TAMC staff will be required to show their common access card, their government military ID card or a Veterans Affairs PIV card. This change in policy is a USAG requirement along with Homeland Security Presidential Directive 12. This measure will bring the TAMC campus in line with installation access security mandates. Call the TAMC Provost Marshal at 433-1111/5914 with your questions.

17 / Saturday

Shanghai Circus at the Blaisdell Concert Hall — Over 40 Acrobats of China bring the Orient to Honolulu in a fast-paced, exciting production featuring internationally award-winning acts, Jan. 17-30. The New Shanghai Circus celebrates the exotic wonders of China while showcasing dramatic interpretation of classic Chinese dance and physical performance. General admission is \$25.

18 / Sunday

Honolulu MLK Celebration — Bell-ringing event at Honolulu Hale (City Hall), 6:30 p.m., Jan. 18, symbolically calls attention to the inequality and injustice in the world using Dr. King’s words “Let Freedom Ring.” Visit mlk-hawaii.com/home/.

Ongoing

Go Akamai — Commuters can now check real-time traffic data at GoAkamai.org, courtesy of the Hawaii State Department of Transportation and the City and County of Honolulu, Department of Transportation Services.

GoAkamai.org is a one-stop website that provides real-time traffic data, enabling travelers to make better decisions when planning their commutes. Travelers are encouraged to check GoAkamai.org before leaving work or home.

Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business 9 a.m.-4:30 p.m., Tues-

days and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex. The service is open to all military personnel, their family members and civilians from all military bases with base access.

Vet Center — The FS Veterinary Treatment Facility is now seeing pets throughout the week from 8 a.m.-4 p.m., providing affordable preventative care and mandatory airline health certificates required within 10 days of air travel, and more. Call 433-2271.

Food for Families — ASYMCA at WAAF has an emergency food locker to assist families. It’s open 8 a.m.-2 p.m., Monday-Friday. Call 624-5645.

Online Academic Support — Tudor.com is a DOD-funded resource that provides help in all core school subjects and is offered at no cost to grades K-12 students in U.S. military families.

Running Club — Runners and walkers can join the free Hawaii Running Project’s Wednesday Run Club at SB, which meets Wednesdays, 5 p.m., Bowman Field, at the end of Lyman Road.

The club runs loops around the base of Kolekole Pass. Workouts can be customized from 2 to 8 miles. Call 655-9123.

PWOC — The Protestant Women of the Chapel meet from 9-11:30 a.m., at AMR Chapel. Come enjoy women’s Bible study and fellowship. Free child care is available for CYS registered kids. Email PWOCatAMR@gmail.com.

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 11:30 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 10 a.m. at WAAF

This Week at the
MOVIES
Sgt. Smith Theater
Call 624-2585 for movie listings or go to aaes.com under realtime movie listing.



Big Hero 6

(PG)
Fri., Jan. 9, 7 p.m.
Sat., Jan. 10, 2 p.m.

Fury

(R)
Sat., Jan. 10, 6 p.m.
Thurs., Jan. 15, 7 p.m.



The Penguins of Madagascar

(PG)
Sun., Jan. 11, 2 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield

Commissary rings in 2015 with super savings

SALLIE CAUTHERS
Defense Commissary Agency

FORT LEE, Virginia — It’s a new year and commissary shoppers can resolve to eat healthier and save more simply by taking advantage of special in-store promotions and coupons, according to the Defense Commissary Agency’s director of sales.

“Low commissary prices are always good for the wallet, while our variety of products gives you choices to match your healthy lifestyle needs,” said Tracie Russ, DeCA’s director of sales.

Russ said customers are finding it very helpful to check out www.commissaries.com for the commissary’s sales flyer. There’s also an Exclusive Savings link and additional resources for more coupons and healthy recipes.

From Jan. 8 to Feb. 4, DeCA’s industry partners — vendors, suppliers and brokers — are collaborating with commissaries to offer discounts beyond everyday savings. Overseas stores may have substituted events for certain promotional programs, as follows.

- **Kraft Foods Group.** Its “Super Bowl:

Score Big with Kraft” features 2 million coupons worth \$1.3 million. Kraft is giving away 92 televisions and three \$50 Commissary gift cards to stateside patrons and 14 televisions to patrons overseas.

With a Commissary Rewards Card coupon special, Jan. 25-Feb. 1, customers can save \$1.50 off fresh produce (or produce tray) or ground meat (or chicken) when they buy two participating Kraft items.

There’s also a \$5-off coupon effective during a Feb. 8-22 shopping trip. Look for tear pads at your commissary to enter.

- **“Inspire My Morning.”** Through Quaker & Tropicana’s 8th annual promotion, customers will find flyers featuring recipes, coupons and details on how to share their inspirational breakfast photos through Instagram. Shoppers can enter a contest via Instagram that will award Commissary gift cards for the most creative “Inspire My Morning” images.

Contest winners will be invited to their Commissary where they

can demonstrate how to prepare their inspirational breakfast.

- **American Country Music Awards.** Dr. Pepper and Mott’s brands offer a chance to meet today’s most popular country music stars. Four winners plus one guest will win trips to the 2015 ACM Awards at AT&T Stadium in Dallas. Trip package includes roundtrip airfare and ground transportation to the Dr. Pepper events, two nights with deluxe hotel accommodations and meal vouchers, a private concert starring Darius Rucker and the Dr. Pepper welcome reception.

Shoppers overseas can register to win a 46-inch color television. Contest information, including how to enter, can be found in Commissaries in January.

- **Special Olympics Promotion.** Procter & Gamble offers its 35th annual “Special Olympics” promotion featuring coupon packets of 50 coupons worth over \$70 in commissaries worldwide. Through the effort, P&G will donate \$73,500 to lo-

cal Special Olympics chapters.

- **“Win with Dinner.”** ConAgra Foods starts 2015 off with extra savings. By making select purchases and scanning their Commissary Rewards Card, customers are entered for a chance to win one of 10 \$500 Commissary gift cards. There’s also a “Win with Dinner” recipe booklet with coupons. Customers can check online.

- **Healthy Choices Promotion.** Kellogg’s is partnering with fruit to encourage healthy choices. Fruit is the second most popular food consumed in the U.S., and cereal makes the top 10 list, as well. Buy three designated Special K items to get \$3-off produce coupons. Look for in-store Special K displays near the cereal aisle.

With the Kellogg’s Commissary Rewards Card promotion, customers get \$5-off their Kellogg’s purchases whenever they buy 10 participating Kellogg’s items in one shopping trip and scan their Rewards Card.

- **Express Salad special.** Fresh Ex-

press Salad Swap features \$1-off coupons on Fresh Express Blends or Salad Kits in the January Coupon Connection sales pamphlet for stateside stores. Over 400,000 coupons are valid Jan. 1-Feb. 15.

Explore Promotions Online

For more on the “Win with Dinner” promotions, visit www.conagracommissarydeals.com for printable coupons for ConAgra Foods brands.

For Kellogg’s special offers, check the Rewards Card coupon selection page on www.commissaries.com, starting Jan. 26 for full details.

Salad express cross-promotions are available on www.mymilitarysavings.com.

Fresh Express also invites customers to swap one meal with a salad each day for 30 days and “see the results.” Details are at www.30daysaladswap.com.

For more details, go to commissaries.com.

Military Star Card reduces fees

ARMY & AIR FORCE EXCHANGE SERVICE
Public Affairs

Through November 2014, bank-issued card processing expenses at Army & Air Force Exchange Service stores, worldwide, cost the military community more than \$68 million.

At Hawaii Exchange facilities, those fees sapped more than \$2,477,598 from the Exchange and, in turn, critical funds that could be used for morale, welfare and recreation programs.

Shoppers who reach for a Military Star Card, however, are helping to reduce this expense, which ultimately benefits their own community. Unlike bank cards, revenue generated from the Military Star Card is shared with military communities through contributions to the military service’s quality of life funds. Cardholders enjoy the additional perk of exclusive savings.

“Using the Military Star Card is one of the easiest ways for shoppers to save money and directly impact support of their morale, welfare and recreation benefits,” said Patrick Riordan, Hawaii Exchange area manager. “Reducing unnecessary expenses goes a long way in maximizing the dividends returned to the Hawaii community.”

Shoppers enjoy additional benefits when using their Military Star Card with an everyday discount of 5 cents per gallon on all gas purchases, as well as a 10 percent discount on all participating Exchange food facility purchases year-round.

The Military Star Card is accepted at all Army and Air Force, Navy, Marine Corps and Coast Guard Exchange activities, as well as the Exchange Catalog and the Exchange Online.

Holiday port closures and severe weather impacts local commissaries

DEFENSE COMMISSARY AGENCY-PACIFIC AREA
News Release

Commissaries in the Pacific have been impacted by delayed shipments coming from West Coast ports.

"Shipments headed for our stores in the Pacific have been delayed up to 10 days due to a ship’s mechanical failure, holiday port closures and severe weather along the West Coast during December," said Eric Swayzee, the Defense Commissary Agency’s director of Logistics. "This has impacted the ability of commissaries in Hawaii, Guam, Korea and Japan to keep perishable sections fully stocked."

Commissary personnel stand ready to receive incoming shipments immediately upon

arrival and stock them to the shelves. With shipments scheduled to arrive weekly, management is keeping customers informed with signs in the stores.

“If a customer doesn’t see the product they want to purchase on the shelf, the customer can check with their local store management to find out when it will be received,” said David Carey, the DeCA’s Pacific area director. "We apologize for the inconvenience this has caused our shoppers during the holiday season."

Nonperishable products are not impacted by shipment delays like perishable products because DeCA operates distribution centers in Korea, Japan and Guam that hold a back stock of nonperishable grocery products.

2015 is a time to give resolutions a shot – to make changes

When the holiday is over, the presents have been put away and the leftover roast has been made into soup, there’s a part of me that just wants to savor it all ... to snuggle up on the couch with the kids in my new PJs, nibbling from the tin of stale Christmas cookies, basking in the glow of the dying Christmas tree, watching movie marathons until my eyeballs bleed.

These days, there’s so much hustle and bustle associated with the holidays. It’s nice to linger a while and let it all sink in.

Take a moment to stop and appreciate the richness of our military life, our families and our traditions before another hectic year is in full swing.

However, there’s another part of me that gets antsy, like the plaque accumulating in my arteries from too much cheese dip or the needles piling up under the tree or the mounting credit card bills — the holiday builds.

By midnight on New Year’s Eve, I’m ready to purge. It’s all I can do to make it through the obli-



gatory pork-and-sour-kraut on New Year’s Day before I want to rid the entire house of holiday décor and begin my new and improved lifestyle.

Something takes over in me, and after weeks of excess and sloth, I’m hell bent on eating enough fiber, taking 10,000 steps a day, keeping accurate financial records, compulsively vacuuming and fundamentally changing my entire personality.

Inevitably, about a month or two into it, my bad habits creep back in. Small setbacks send me into a tailspin of guilt, and before I know it, I’m on the couch in the middle of the afternoon watching reality show reruns in order to avoid my responsibilities, with my lips wrapped around an entire can of sour cream and onion

Pringles.

Sometimes, I make a little progress, and sometimes, I fail completely. So why bother making New Year’s resolutions at all?

It’s not just me. About 45 percent of Americans make New Year’s resolutions with some kind of cathartic change in mind. Lose 10 pounds. Get organized. Quit smoking. Reduce debt. Get a new job. Stop procrastinating. Spend less time on electronic devices. Whether we hope to rid ourselves of debt, chaos, pounds or bad habits, New Year’s resolutions are supposed to make our lives better. But do they?

Some psychologists believe that New Year’s resolutions make us unhappy because they set us up for certain failure, and nobody wants to feel like a failure these days.

According to a 2014 University of Scranton study, only 8 percent of Americans who make resolutions are successful in meeting their goals after one year.

Bummer. However, 46 percent reported hav-

ing kept their goals past six months. Not too shabby.

Most encouragingly, the statistics show that people who make New Year’s resolutions are 10 times more likely to change their behavior than people who don’t make resolutions at all.

So, even if science indicates that I’ll still be a disorganized procrastinator chomping a king-sized Snickers bar come mid-February, I’m still giving my New Year’s resolutions a try.

Sure, I might screw it up again, but who wants to be a sniveling cynic who never sticks his neck out for fear of failure? Wayne Gretzky once said, “You miss 100 percent of the shots you don’t take.”

The mere resolution to change for the better shows that, at the very least, I have the courage to give it a shot.

(Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and at www.themeatandpotatoesoflife.com.)

Goals: Health, wellness should be everyone’s focus

CONTINUED FROM B-1

- participants.
- Seventy-five percent weighed themselves at least once a week.
- The biggest connection between participants was that most developed a goal plan for weight loss.
- Planning for Success**
- If your goal is to lose weight this year, here are suggestions to help you get started and create new goals for success. The Performance Triad is a three-pronged plan that everyone can use to improve his or her health. The Performance Triad goals are to promote sleep, activity and nutrition.
- Try something new.** To modify your diet, make an appointment with a registered dietitian for personalized nutrition coaching sessions. Make an appointment at physical fitness center to determine your resting metabolic rate and your current body composition.
 - Purchase a digital fitness device** to

Online Support

There are many apps to help you lose weight. Here is a site to help you determine the right app to download: www.eatright.org/Media/content.aspx?id=6442467041.

- monitor how many steps you are walking and your hours of sleep. Many of these devices can be linked to your smartphone or to your computer to monitor your progress over time. Some programs and apps have a feature to help track your food intake and to see how many calories you expend and consume daily.
- A fitness device is a visual reminder to help you to add extra steps into your day. Try having a "walking meeting" with your co-workers or take the stairs up and down your building for a break. A healthy goal is to walk at least 10,000 steps per day.
- Try attending a new class**, such as Zumba, yoga or a bicycle spin class to increase physical activity. Add strength training to your routine to increase your lean muscle and increase your resting metabolic rate.
 - Make an appointment** with a personal fitness trainer to help set up a personalized workout program and for new ideas to add strength training to your routine. Strength training, in combination with an adequate amount of calcium, also helps to defend against osteoporosis.
 - Find a good friend** who also wants to lose weight and set up a plan to work out together. Having someone as a "battle buddy" can be very helpful for holding

- each other accountable to maintain the workout routine.
- Pack a lunch and healthy snacks** for work to improve nutrition. By packing a lunch, you will save money and decrease portion sizes. You will be more likely to eat a healthy lunch, too.

When you pack your lunch, add extra fruits and vegetables to snack on for a mid-morning snack or an afternoon break. You should also add extra vegetables with your evening meal. Consider the sugar in your beverages and try not to drink any with high fructose corn syrup. Limit your snacks after your evening meal, as they tend to be high in sugar and fat.

- Sleep is also an integral part** of losing weight. Inadequate amounts of sleep increase the appetite hormones leading to increased appetite and increased food intake. Having a regular sleep cycle and achieving 7-8 hours of sleep each night can make a difference with performance and losing weight.

The goal of the new year should focus on health and wellness, and if your goal is to lose weight, try some new strategies. Incorporate the Performance Triad concepts into your daily life and invite a friend to help you stick to your goals.

(Editor’s note: Reagan is a registered dietitian at U.S. Army Public Health Command.)

FMWR: Classes starting

CONTINUED FROM B-1

The cost is \$145 for 10 weeks. Call the center for drop-in rates.

Schofield Health & Fitness Center
2015 Calendar of Events

Classes are \$4, except where otherwise noted. The center accepts cash or check, and is located at 1554 Trimble Road, Bldg. 582. Its hours of operation are 6 a.m.-7:30 p.m., Monday-Friday, and 7 a.m.-2 p.m., Saturday. Call 655-8007 or visit www.himwr.com/sports-a-fitness-calendar.

| | |
|--|---|
| Bootcamp 5:30-6:20 p.m., Tuesdays and Thursdays | Mondays (free) 5:30-6:20 p.m., Wednesdays 10:15-11:15 a.m., Saturdays |
| BYOBootcamp (Bring Your Offspring Bootcamp) 8:30-9:30, Tuesdays and Thursdays (\$60 for six weeks or \$7 to drop in; class meets at Ralston Field) | R.I.P.P.E.D. 8:30-9:30 a.m., Mondays 9:45-10:45 a.m., Wednesdays |
| Cardio Kickboxing 8:30-9:30 a.m., Wednesdays | Yoga 8-9:00 a.m., Saturdays |
| Cycle 11:45 a.m.-12:30 p.m., Mondays | Zumba 6:20-7:20 p.m., Mondays-Thursdays 9-10 a.m., Thursdays-Fridays (Outdoors) 9-10 a.m., Saturdays |